

WAY OF THE CROSS TO REDEMPTION

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Jesus took the road of subservience. He entered into darkness and human weakness to take on everything but he was to rise again, with all his brothers and sisters in humanity to his beloved Father. Jesus invites all of us to follow him on this journey in order to rise in the glory of the Father.

The First Station Jesus is condemned to death

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Jesus stands before us, an innocent yet condemned man. His very name means "God saves" and he himself tells us: "God did not send the Son into the world to condemn the world, but in order that the world might be saved through him." To accomplish the work of redemption, Jesus willingly allows himself to be condemned to death on our behalf, the sinless for the sinful,

Prayer: Lord, you stood alone, an innocent man sentenced to death, while I stand before you, sinful but granted eternal life in the company of angels and saints. Help me to recall this when my life seems to get the better of me, when it weighs me down, and when I feel as though no one is on my side. On the other side of your trial, abandonment, and death awaited the resurrection. Help me to know that you are always at my side, and trusting whatever happens you are at work redeeming the moment.

I Love you Jesus, my love above all things, I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.

Our Father, Hail Mary, Glory Be

The Second Station Jesus accepts the Cross

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Each one of us meets the Cross at one point or another: A layoff notice; divorce; a car accident, illness; violence, bereavement. Whether we experience life-altering circumstances such as these, we cannot escape much of life's more chronic trials: Strained relationships; the tedium of toil, uncertainty Whatever its form, the Cross awaits us – not to punish or torture, but simply because ours is a broken world in need of redemption. Jesus willingly accepts the Cross he received. Jesus takes it all, and through his Cross, the world is redeemed. Likewise, our crosses become openings for transformation, challenges to embrace, and opportunities for healing in ways that go beyond our present circumstances.

Prayer: Lord, for you all things are possible. Remove this cross – but only according to your will. No matter what happens, help me to accept patiently what I must bear; give me the courage to overcome what I am able; and grant me the wisdom to unite my suffering with that of Christ's, so that I may become the person you have called me to be.

Glory Be...

The Third Station Jesus falls the First Time

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** When someone falls, our first instinct is to help them up. If we look around us more intently, we'll see that many are falling one way or another – whether physically, emotionally, or spiritually. It is here that the eyes of Christ meet ours. On his shoulders, quite literally, rests the weight of the world, its people, and their sins. And it is heavy so he stumbles. His divine nature is able to get back up again. In him, with him, and through him, we also are lifted off the ground. By this Cross, we are lifted back to our feet, better equipped to recognize Christ in others and be Christ to them.

Prayer: Jesus, when we fall and feel discouraged, may we know that you are especially close to us giving us the strength to stand up and walk again, Make our hearts tender to all those who fall under the weight of their cross and grant us renewed charity and unity.

Our Father.....

The Fourth Station Jesus meets His Mother

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Who can withstand the gaze of a mother – whether it's a look of compassion, commendation, or consternation? Along the way of the Cross, Mary comes face to face with the fruit of her womb. As the new Eve - the mother of all the living whose "yes" to God reverses the first Eve's "no" - she has a role to play in our redemption. Gazing at her son she intercedes for each of us. With Mary's faithfulness, we are assured of grasping the mystery she pondered while on earth – that what is broken will emerge whole and transformed from an empty tomb at the dawn of eternal life.

Prayer: Mary, you fix your gaze eternally on the mysteries of Jesus, and in so doing, you meet the entire Body of Christ along the way. Ask him to help me do the same, so that my every thought, word and action originate from, and is directed toward, Jesus. As I bear my own cross in this life, ask him to lift my body, heart, and soul to himself, so that I may be strengthened, so that through me, his love may radiate to all souls

Hail Mary....

The Fifth Station Simon helps Jesus carry His Cross

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Simon has his own problems. He tries to slip through the crowd, pretending not to notice. Suddenly, providence touches his shoulder. "Why me?" he asks. Then his eyes meet those of Jesus, and their hearts speak as one "Take my yoke upon you and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Christ works in tandem with us, encourages us, and promises joy beyond all knowing. When we are pressed into service to bear a cross we didn't seek, we must pray for strength and recall that, in the end, the cross does not belong to us, but to Christ, who bears it for all.

Prayer: Lord, we don't get to choose our crosses, and it is difficult for us to see and accept the reasons they are thrust upon us. May we be unashamed to accept help when we need it and may we be eager to offer when others have needs. May our mutual dependence be a source of joy and an occasion of grace.

Glory Be....

The Sixth Station Veronica wipes the Face of Jesus

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Our deepest desire is to see his face of the God who made us. As he was led to his crucifixion, Jesus' face was slapped, spat upon, and mocked. Even worse, it was ignored, as passers-by turned their faces and pretended not to see. Veronica demonstrates an example of tremendous compassion through one simple act. Approaching Jesus, she steps through the surrounding cruelty and indifference, and with a cloth wipes the grime and exhaustion from his face. She beholds the face of God, and her heart rests in him whose image she bears.

Prayer: Lord, I long to see your face. Help me to see it more clearly in the faces of your children. Assist me in reaching out in compassion to the physically or spiritually hungry, the thirsty, the refugee, the homeless, the stranger, the poor, the sick and the imprisoned. Grant me the courage to resist the selfishness, indifference, and cruelty of human nature, and instead minister to the weak, suffering and needy, for as Jesus said, "Just as you did it to the least of my brothers and sisters, you did it to me. Our Father...

The Seventh Station Jesus falls for the Second Time

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Once again, Christ stumbles and falls to the ground. Out of immense love for us, God lowers himself in Jesus to restore the dignity that sin has stripped from humanity. God stoops to us, allows himself to be broken and shared among us, so that we who are so broken may together become the whole Christ, blessed and shared with all.

Prayer: Lord, how often I stumble and fall, but you are with me every step of the way to lift me up, to encourage and strengthen me. Help me each day to truly realize what you have done for me, so that your mercy and grace may inspire me to encourage and strengthen others—not from a position of superiority, but from your own self-sacrificing love. Glory Be....

The Eighth Station. Jesus meets the Women of Jerusalem

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Unable to contain their sorrow and compassion for the suffering Jesus, a group of women following him along the way to Calvary openly mourns for him. Jesus asks them to set their sights on the eternal, to lament supernaturally the underlying reason for his necessary suffering – the evil that humanity habitually falls into, and the good it often neglect to do. “Weep instead”, Jesus says, for those among you who refuse to turn and follow me”. We must “weep” – that is, intercede – for the entire Body of Christ, that through him we may all be brought to everlasting life.

Prayer: Jesus, bruised and broken, never let us pass by when my brother or sister weeps and needs us. Help us to awaken hope to all who need our compassion and help.

Our Father...

The Ninth Station Jesus falls for The Third Time

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Weary and exhausted, Jesus collapses once again under the weight of humanity’s pride. How often do we feel utterly overwhelmed by our weakness? We make sincere resolutions to change, but then fall once again. Typically, we do not stumble over new obstacles, but over the same old ones that continually trip us up no matter how hard we try to step around them. Human failure in this life is to be expected. The point is to recognize it, acknowledge it, look to Christ for further strength and courage and move on. When we are weak – and admit it – it is then that we are strong.

Prayer: Lord, forgive me. My pride is my shame, but your mercy is my peace. Strengthen me as I shoulder my cross, and lift me up when I fall. Help me to forgive myself and move on. By your grace, may I always extend to others the mercy you’ve granted me, so that one by one, little by little, step by step, we may all keep to your way. You are our strength and salvation.

Hail Mary...

The Tenth Station Jesus Is stripped of His Garments

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Jesus is stripped of his garments in front of everyone. For our sake, he not only lets go of his human life, but his very dignity as a person. Little by little, from birth to death, we must inevitably learn to let go of what we possess. “Those who want to save their life will lose it, and those who lose their life for my sake will save it.” With an honest self-examination, we can all list desires that need to be stripped away from our lives.

Prayer: Grant me the grace to embrace my absolute dependence on your divine providence. Be patient with me as I learn to detach myself from any love which does not have you as its origin and end. Help me to be with those who also are in the process of being stripped of what they hold dear. Grant us all the vision to realize that as we let go of the desires that clothe us, you stand ready to wrap us in the garment of salvation and the robe of righteousness.

Glory Be...

The Eleventh Station. Jesus is nailed to the Cross

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Here, perhaps more than anywhere else, we see God’s undeniable mercy and undying love for each of every one of us. Though he is innocent, Jesus willingly stretches out his Body upon a Cross reserved for the worst of criminals and insurrectionists. On that Cross, in the Body of Christ, hangs our every fault, fear, and tear. Every ounce of it is put to death with him and transformed by the Resurrection three days later. God does what only God can: He makes the imperfect perfect, brings new life from death, changes mourning into dancing.

Prayer: If you, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered. For with the Lord there is steadfast love, and with him is the great power to redeem.

Our Father....

The twelfth Station Jesus dies on the Cross

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Jesus had been seized, tortured and crucified by fear and hatred. He who only offered love had been put to death. He cries out "Father into your hands I commend my spirit"

PAUSE FOR SILENT REFLECTION

Prayer: Jesus by your death, you teach us to embrace love and so to live a full life. May we have solidarity with those who suffer, mercy towards our enemies and generosity to the poor.

Hail Mary....

The Thirteenth Station Jesus Is taken down from the Cross

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** Look at Mary's eyes as she cradles the body of her son, Jesus, after he has breathed his last. Are you able to discern how she pieces together the mysteries of Christ which she has pondered in her heart from the very beginning? Now, beneath the Cross, her son's body in her arms, the words of the boy Jesus resounds once again in Mary's heart: "Why are you searching for me? Do you not know that I must be about my Father's business?"

Prayer: Mary, Mother of the Church, you are the hope of all Christian pilgrims on the way to heaven where you and your son Jesus, the Lamb of God, await us all.

Our Father....

The Fourteenth Station Jesus Is laid in the Tomb

We adore you O Christ, and we praise you, **because by your Holy Cross you have redeemed the world** As the stone is rolled over your tomb, Lord Jesus, your loved ones leave to prepare for the Sabbath. They grieve the loss of their most precious friend and teacher. Despair and grief are ever-present today. Loss of life, love, home, family, identity, community and hope can break us. Help us to share in the mourning, divide the despair, and conquer fear together.

Prayer: We pray for strength to be present to one another especially in times of doubt, confusion, and despair. For this we pray: God among us, hear our prayer.

I Love you Jesus, my love above all things, I repent with my whole heart of having offended you. Never permit me to separate myself from you again. Grant that I may love you always and then do with me what you will.

Our Father, Hail Mary, Glory Be

CLOSING PRAYER

Our Jesus, guide us from the Cross to the resurrection and teach us that evil shall not have the last word, but rather it be love mercy and forgiveness. O Christ help me to exclaim again: "yesterday I was crucified with Christ; today I am glorified with Him; yesterday I died with Him, today I live in him, yesterday I was buried with Him, today I am raised with Him. (Pope Francis)

Prayer: As we journey through Lent and prepare ourselves to enter into the Paschal Mystery of your Passion, Death and Resurrection we make this prayer in the name of the Father, and of the Son, and of the Holy Spirit, Amen